

## Oral health status and oral self-care behaviors among children aged 5-6 and 12 years in Qazvin Province (2013)

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### \*Abstract

**Background:** Dental deterioration is one of the most frequent chronic diseases in children in all of the world.

**Objective:** The aim of this study was to assess oral health status and related oral health behaviors and demographic aspects among children in Qazvin Province.

**Methods:** In this cross-sectional study in 2013, 373 children, aged 5-6 and 12 years were participated by using a cluster sampling method in Qazvin Province. Data was collected with a questionnaire including demographic variables and oral health behaviors consisted of frequency of dental brushing and flossing, history of visiting dentist and using of food. Clinical oral examinations were performed by 6 trained dentists in children's home. Oral health status was assessed by the DMFT/dmft index. Data was analyzed with SPSS 18, using t-test, one-way ANOVA and Kruskal-Wallis ( $\alpha=0.05$ ).

**Findings:** The mean of DMFT/dmft index in children aged 5-6 and 12 years were  $5.66\pm4.63$  and  $3.53\pm4.22$ , respectively. The percentage of fluorosis was 86.3%. 94.6% and 96.2% of children has no tooth wear and dental trauma. Tooth brushing including no dental brushing 9.7%, twice or more times per day 14.2% and using dental floss was 10.5%. There were no significant relationships between DMFT/dmft index and gender, types of foods consumed and number of tooth brushing in each day, but there was a significant association between self-perceived oral health and DMFT index ( $P<0.05$ ).

**Conclusion:** Children and adolescents suffer from deteriorated oral health status therefore it is necessary to conduct oral health education in corporation with their families.

**Keywords:** Oral Health, DMFT Index, Self-Care, Children

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